

Endurance: Make it a dozen!

For the 12th consecutive year, Noosa Masters rules the Endurance Top Scoring Club contest! But it was very close. As the table shows, the victory was achieved by only 949 points. Other clubs will be gunning for us, and they've said that directly. As Terry Parker shared after Squad earlier this month, "More swimmers mean more points. Getting into the pool, setting a reasonable pace, and completing a 30-minute swim is doable for most anyone in the club." With determination and focus, we can make it a baker's dozen in 2026!

With promising January endurance swim numbers, we have a great start!

Denise DeCarlo's full endurance report can be found on page 7..



Club Code	Club Name	Points	Average Points	Participants	Members
QNA	NOOSA	16767	220.62	54	76
TLC	LAUNCESTON	15818	168.28	87	94
NCA	CAMPBELLTOWN	14677	407.69	32	36
NTN	TUGGERANONG	13547	155.71	34	87



Thank You, Wendy!

For nearly 20 years, Wendy Ivanusec has served as the Editor of this newsletter. She has poured her time, creativity, and care for our swim team into every issue. Collecting and editing articles, and reaching out to club members, former club members, sponsors, and others interested in our club's happenings, takes more time and effort than many people realise.

Thank you, Wendy, for the effort and dedication you have demonstrated over the years as the driving force of the Challenger's Chatter.

Captain's Report – Robert Ashwell

January was a fairly quiet month for our swimmers in competitions. We had two swimmers compete at the Ipswich meet – Jennifer Watson and Rob Pugh. Their results are as follows:

Jennifer Watson 50 Freestyle 1st 49.02; and 50 Breaststroke 1st 1:19.77. Also, 50 Butterfly 1:03.35 and 100 Freestyle 2:01.53

Rob Pugh 50 freestyle 26.83

The next meet coming up is in Miami on 21st February. Entries close for that meet on 10th February.

There are 3 relay events at this meet – women's 4x50, men's 4x50 and a mixed 4x200. If you wish to compete in any of these relay events, please let Rob Ashwell or Yvonne Mutton know by Sunday, **February 8th**.

Greetings from our UK friend Karen Barton

Here she is - at it again - doing another crazy swim in icy waters (7 degrees!) with her good friend Ruthie, whom many of you will remember from prior visits to Noosa.



VOLUNTEERING OPPORTUNITIES



See Shane or Terry for details

Upcoming Swim Meets

Event Date	Event	Location	Entries Close
21 Feb 2026	Miami Masters 2026	Miami, QLD	10 February
28 Feb 2026	Sinkers' Fun in Feb Meet	North Mackay, QLD	20 February
07 March 2026	Goodlife Community Masters SC Meet	Buderim, QLD	25 February
22 March 2026	Swim Fast Masters Twilight Prep Meet 2026	South Brisbane, QLD	10 March
28 March 2026	Belgravia Masters Marathon Relay Challenge	Burpengary, QLD	21 March
11 April 2026	Noosa Masters Meet	Noosa, QLD	21 March
28 April 2026	MSA National Championships	Brisbane, QLD	6 April

The start of a new year...Party Like it's 2026!

Once again, we were fortunate with the weather when Wendy and Ivan hosted their annual New Year's BBQ for Noosa Masters swimmers. The forecast looked a bit dodgy, but thankfully, the rain didn't arrive until the following day.

At the appointed hour, the tents and tables were set up. Thank you again to Shane and the team. Wendy, as always, had set up side tables, extra chairs, an urn and the makings for tea and coffee, as well as extra ice to chill the bubbles and beer. An enthusiastic bit of judicious trimming of a few low branches ensued to prevent eye-level accidents, and in no time, all was ready to go.

Salads, tasty nibbles, sweet treats and even a pavlova magically appeared on the tables. Ivan got the BBQ plate and Weber going. Pretty soon meat was sizzling with the delicious aroma of the good ole "Sunday Barbie." People sat around chatting, mingling, sipping and chomping as a gentle, cooling breeze wafted the humidity along.



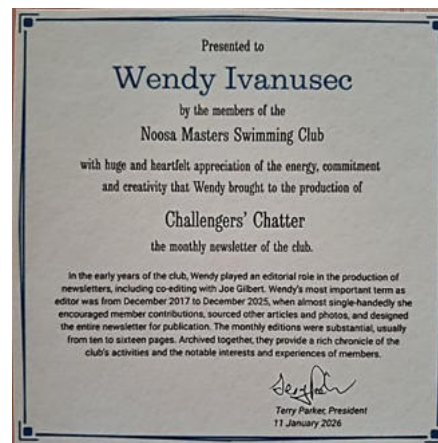
Happy 87th Birthday, Ivan!
And thanks to you and Wendy for hosting the party yet again!



More New Year Party Fun!



A special moment at the BBQ was when Club President Terry Parker presented Wendy with a beautiful book, which included a bookplate expressing gratitude for her effort and dedication as Editor of the Chatter.



Complete the Beach Passport and earn 150 Qantas Points, thanks to Qantas

The Beach Passport has been updated in time for the 2025/26 summer season, with an enhanced rip current identification feature to help beachgoers spot and identify rips from the beach. Surf Life Saving Australia's 2025 [National Coastal Safety Report](#) found that 1 in 5 Australian adults were unintentionally caught in a rip current in the last year alone.

Launched in November 2024 by SLSA, in partnership with Qantas, the Beach Passport is a complimentary online training resource that provides essential water safety education. This season, Qantas is again offering 150 Qantas Points to Frequent Flyers (based in Australia) who complete the Beach Passport, with the chance for one lucky beachgoer to win 1 million Qantas Points.

The Beach Passport is available at beachpassport.org.au or you can look out for the QR codes at your favourite beach this summer.

From the Editor...

Hi everyone! This is my first issue as editor of the Chatter, and I'm happy to be serving the club in this capacity. I know two things as I start this role. First, I will undoubtedly mess something up (maybe multiple somethings) as I settle in. Please be patient with me, but also don't let me get away with anything. If there is anything I have missed, mislabelled, or overlooked, I want to hear about it. Feedback is a gift, and I treasure it, good or bad. Second, this is OUR newsletter, not mine.

I (along with Brian Hoepper, for whom I am grateful) are caretakers of the publishing process. Please share your thoughts, articles, or photos with me. The more content I have access to, the more we can share in the newsletter.

You will notice a different look to the newsletter, as I don't have access to the publishing tool Wendy has been using on her Mac (I have a PC). Let me know what you think of the changes. I am happy to update the newsletter's appearance to better meet our team members' needs.

Oh...there is a third thing I know. My jokes are bad. Really bad if you ask my Lane 0 teammates. And they are unlikely to get better. Feel free to submit joke candidates to me as well, so I can use them as filler. Otherwise, beware, I'll come up with my own! You have been warned! 😊

Bob McGannon

bobidbook@gmail.com

Twilight Endurance Swim and Dinner – 13th Feb

Join the Fun!

Jan Croft - COACH'S TIPS

The Benefits and Downside of Using a Pull Buoy

It teaches better body position. A Pull Buoy helps us to achieve a more efficient body position by keeping our butts dry and feet high! As a result, we learn what efficient swimming should feel like. Swimming with a pull buoy makes it easier to focus on the high elbow catch, is helpful with breath control, and is also helpful for swimming 3/5/7 pattern hypoxic sets.

There is a downside, however. Using a pull



buoy can limit hip rotation. This isn't ideal, as the power in your stroke doesn't just come from your arms and shoulders. A lot of it is derived from your hips.

Using a pull buoy makes your hips flatter, which will reduce your stroke length. So, be realistic when you use a pull buoy.

Noosa Masters Unsung Heroes

Denise DeCarlo and Wendy Ivanusec were each presented with Unsung Heroes Awards for their contributions to the club. Wendy for her ongoing work with the Chatter



Newsletter and the many ways in which she supports the club.

Denise, for her work as the Endurance 1000 coordinator. Thanks for everything you do, and congratulations, Ladies!

New Team Shirts Available

The shirts are 100% cotton and will cost \$30 each. You may choose Petrol Blue or White. They will be available only by order, and the club will not be holding stock.

To see more detail on the shirts, and get to a size guide, hover over the links for the [ladies'](#) and [men's](#) shirts on the AS Colour website.

If you would like to order one, please email Linda Hogg at: lindahogg@live.com.au or talk to us at the pool after squad. **The deadline for placing an order is 8 February.**



ENDURANCE 1000 REPORT – January 2026

OH MY – We did it again. 12th year in a row for the esteemed Top Scoring Club with 16767 points. There are no words to describe how proud I am of this team. We finished strong in December, adding another 1,844 points. We had 54 swimmers participate in Endurance for the year, which means 71% of the club participated. That's great!

The Launceston team in Tasmania is going for it this year. As they are a big team with 94 members, if they average just 11 more points per swimmer, they will surpass our 2025 total. Yikes!

Our highest monthly total was 2016 points in November. The lowest month was June with 775 points. We are considering a later start in the winter months to encourage more participation – more on that in the coming months.

We had five swimmers complete the full program with top points: Brian Hoepper, LiQun Hussey, Jo Matthews, Peter McGahan and Ian Tucker. Well done to each of you. A huge achievement. And thanks to their timers, too!!

We also had nine swimmers who completed 3000 metres or more in their 60-minute swim. Congratulations to Studley Martin, Jo Matthews, Peter McGahan (in free and back!), Susie Morris, Wendy Nothdurft, Jim Travers, Ian Tucker and Adrian Wilson. Who Hoo!

Peter McGahan has joined the deckie-gang. He's been trained up and will go solo in February. Welcome Peter – please be nice to him as he learns the ropes.

The Twilight swims for 2026 are being organised. **The NAC has confirmed lanes for 13 Feb from 4-5:30pm.** We will also make this a Valentine's event for the club. Other Twilight dates requested are 4 July and 23 October. Once NAC confirms these dates, they will be added to the team calendar.

We have 5TH Sunday swims/coaching clinics (and bacon and egg roll) on 29 March, 31 May, 30 August and 29 November. Mark your calendars now for each of these special Endurance events.

Lastly, what is your Endurance Plan for this year? Don't have one? Really? What additional swims will you try or events you want to improve upon? How can Endurance help you be stronger for squad and swim meets? If you want help thinking through how Endurance can complement your overall swimming goals, Denise is happy to help

Please reach out if you have any questions regarding the Endurance Program or ideas for improvement.

Denise DeCarlo

Endurance@swimqna.com.au.

2026 is here – bring it on!

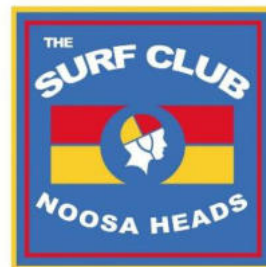
Julie Tierney	1 st
Rob Jolly	8 th
Greg Bott	24 th

February
Birthdays



**Noosa Masters Swimming Club thanks its
generous sponsors for their support**

PLATINUM



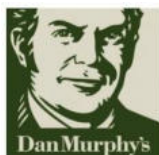
GOLD



SILVER



BRONZE



Editor

Bob McGannon

0447255382

Challengers Chatter

PO Box 21

Noosaville, 4566

Assistant Editor

Brian Hoepper

0421884809